

The following Listing of Claims will replace all prior versions, and listings, of claims in the application.

LISTING OF CLAIMS:

1. (Original) A biological rhythm adjustment method comprising:
 - (a) a step of inputting a moving schedule, and biological information on a 5 subject that moves in accordance with said moving schedule; and
 - (b) a step of setting a sleeping schedule for said subject based on said moving schedule and said biological information.

2. (Original) The biological rhythm adjustment method according to claim 1, wherein in said step (b), sleep of said subject is set to a first time/a second time correspondingly to an eastward route/a westward route of said moving schedule, respectively, said first time being shorter than said second time.

3. (Original) The biological rhythm adjustment method according to claim 1, wherein said step (b) includes at least one of
 - (b-1) a step of introducing said subject to sleep by raising a body temperature of said subject, and
 - (b-2) a step of irradiating light on said subject after said subject is aroused.

4. (Original) The biological rhythm adjustment method according to claim 3,

wherein

said step (b-1) includes a step of raising an ambient temperature of said subject.

5. (Original) The biological rhythm adjustment method according to claim 3,

wherein

said step (b-1) includes a step of giving instructions encouraging to do exercise to said subject.

6. (Original) The biological rhythm adjustment method according to claim 3,

wherein

said step (b) further includes

(b-3) a step of relaxing said subject after executing said steps (b-1) and (b-2) when said moving schedule is on an eastward route.

7. (Original) The biological rhythm adjustment method according to claim 3,

wherein

said step (b) further includes

(b-4) a step of relaxing said subject prior to both of said steps (b-1) and (b-2) when said moving schedule is on a westward route.

8. (Original) The biological rhythm adjustment method according to claim 6

or 7, wherein

said step of relaxing said subject includes a step of supplying music to said subject.

9. (Original) The biological rhythm adjustment method according to claim 6 or 7, wherein

said step of relaxing said subject includes a step of giving instructions encouraging to do exercise to said subject.

10. (Original) The biological rhythm adjustment method according to claim 6 or 7, wherein

said step of relaxing said subject includes a step of massaging said subject.

11. (Original) The biological rhythm adjustment method according to claim 1, wherein

said biological information includes a sleeping time and an arousal time of said subject, and

said sleeping schedule is set based on said sleeping time and said arousal time as well in said step (b).

12. (Original) A biological rhythm adjustment device comprising:
an information input unit inputting a moving schedule, and biological information on a subject that moves in accordance with said moving schedule; and
a block setting a sleeping schedule for said subject based on said moving schedule and said biological information.

13. (Original) The biological rhythm adjustment device according to claim 12, wherein

said block includes

a parameter-setting unit for generating parameters based on said moving schedule and said biological information, and

a sleep/arousal introducing unit setting said sleeping schedule with said parameters.

14. (Original) The biological rhythm adjustment device according to claim 13, wherein

sleep of said subject is set to a first time/a second time correspondingly to an eastward route/a westward route of said moving schedule, respectively, said first time being shorter than said second time.

15. (Original) The biological rhythm adjustment device according to claim 12, wherein

said sleep/arousal introducing unit includes a device raising a body temperature of said subject.

16. (Original) The biological rhythm adjustment device according to claim 12, wherein

said sleep/arousal introducing unit includes a device irradiating light on said subject.

17. (Original) The biological rhythm adjustment device according to claim 15, wherein

said device raising a body temperature of said subject includes an air conditioner raising an ambient temperature of said subject.

18. (Original) The biological rhythm adjustment device according to claim 15, wherein

said device raising a body temperature of said subject includes exercise equipment.

19. (Original) The biological rhythm adjustment device according to claim 18, wherein

said device raising a body temperature of said subject includes a device giving instructions encouraging to do exercise to said subject.

20. (Original) The biological rhythm adjustment device according to claim 13, wherein

said sleep/arousal introducing unit includes a device relaxing said subject.

21. (Original) The biological rhythm adjustment device according to claim 20, wherein

said device relaxing said subject includes a sound output device.

22. (Original) The biological rhythm adjustment device according to claim 20, wherein

said device relaxing said subject includes exercise equipment.

23. (Original) The biological rhythm adjustment device according to claim 22, wherein

said device relaxing said subject includes a device giving instructions encouraging to do exercise to said subject.

24. (Original) The biological rhythm adjustment device according to claim 20, wherein

said device relaxing said subject includes a massager.

25. (Original) The biological rhythm adjustment device according to claim 13, wherein

said biological information includes a sleeping time and an arousal time of said subject, and

said sleeping schedule is set based on said sleeping time and said arousal time as well in said sleep/arousal introducing unit.

26. (Currently Amended) A biological rhythm adjustment system comprising:
the biological rhythm adjustment device according to ~~any one of claims~~ claim 13 to
25, wherein

said sleep/arousal introducing unit is provided to an airplane seat in an aircraft, said information input unit and said parameter-setting unit are provided separately from said airplane seat.

27. (Original) The biological rhythm adjustment system according to claim 26, wherein

said parameter-setting unit is provided in the crew's cabin in said aircraft.

28. (Original) The biological rhythm adjustment device according to claim 25, wherein

said information input unit is provided to a check-in counter for said aircraft.

29. (Original) The biological rhythm adjustment system according to claim 26, wherein

said information input unit is provided to a check-in counter for said aircraft.

30. (Original) A biological rhythm adjustment method comprising:
a first step of encouraging the onset of sleep before the onset of sleep;
a second step of reducing an ambient temperature in a predetermined period of time following the onset of sleep;
a third step of raising said ambient temperature in a prescribed period of time, from a point in time that goes back said prescribed period of time from a scheduled arousal time; and
a fourth step of weakening drowsiness after arousal.

31. (Original) A biological rhythm adjustment method comprising:
a first step of interfering with the onset of sleep before the onset of sleep;
a second step of reducing an ambient temperature in a predetermined period of time
following the onset of sleep;
a third step of raising said ambient temperature in a prescribed period of time, from a
point in time that goes back said prescribed period of time from a scheduled arousal time; and
a fourth step of interfering with arousal prior to said scheduled arousal time.

32. (Original) A biological rhythm adjustment method comprising:
a first step of encouraging the onset of sleep before the onset of sleep;
a second step of reducing an ambient temperature in a prescribed period of time
following the onset of sleep;
a third step of raising said ambient temperature in a predetermined period of time,
from a point in time that goes back said prescribed period of time from a scheduled arousal
time after the onset of sleep; and
a fourth step of interfering with arousal prior to said scheduled arousal time.

33. (Original) A biological rhythm adjustment method comprising:
a first step of interfering with the onset of sleep before the onset of sleep;
a second step of reducing an ambient temperature in a predetermined period of time
following the onset of sleep;

a third step of raising said ambient temperature in a prescribed period of time, from a point in time that goes back said prescribed period of time from a scheduled arousal time; and a fourth step of weakening drowsiness after arousal.

34. (Original) The biological rhythm adjustment method according to any one of claims claim 30 to 33, wherein

after said ambient temperature reaches a lowest value in said second step, said ambient temperature is kept at said lowest value until said point in time of starting said third step.